



AMANDA BEYLAND, LCSW

Meet Amanda! She is a Wise Family Therapist that specializes in young children, elementary school children, preteens and older teenagers.

Her preferred treatment leans more towards CBT. She incorporates a lot of play therapy and art therapy in her sessions. She believes in a more hands on approach that allows for creativity and play, which to Amanda, is an essential part of the therapeutic process.

**SIGNS A CHILD
NEEDS A COUNSELOR**

- Decreased academic performance
- Increased emotional sensitivity
- Lower frustration tolerance
- Biting and chewing fingernails
- Bedwetting or night-terrors
- Lying or manipulation
- Destroying property
- Anger outbursts
- Breaking toys

Web: www.thewisefamily.com

Phone: 1-844-WISE FAM



AMANDA'S BIO

Amanda has called Alexandria home for most of her life. Her ideal vacation is a week at the beach with a good book (or six). She enjoys cooking and baking, however she usually gives away most of the treats to her friends and family. Although she does not have her own dog she is an enthusiastic puppy aunt! In her free time you might find Amanda around the fire pit catching up with her friends or scouting new places to photograph.

Amanda completed her undergraduate degree in Social Work along with minors in Family Studies and Criminal Justice at James Madison University in Harrisonburg, VA. She is a proud Duke Dog alumnus and followed her time at JMU by earning a Masters degree in Social Work from VCU. Amanda recently became a Licensed Clinical Social Worker and has spent the last 3 years working as a Therapeutic Day Treatment Counselor in an elementary school setting. She hopes to someday become certified in play therapy.